

ARTIFACT COLLECTION - ANNE RANSE

Some time ago I donated my Aboriginal artifacts to the National Museum of Australia for safe keeping as they were among the last of the aboriginal artifacts to be made in the traditional way by the Pitjantjara peoples of Ernabella. The collection can be viewed on line by going to Google Anne Ranse collection National Museum of Australia.

SUNDAY SING-ALONG JUNE 23RD

Do you like some of our newer songs but wish you knew them a bit better? Would like a sneak preview of a new song or two we'll be singing over the next months? Do you just like to sing?

Then please join us after church on Sunday 23rd June from 11:30 for about 45 minutes to have a good sing of 5 or 6 new or newish songs that we're including in the 10am service. Anyone from the congregation is very welcome. I'll send the music and YouTube links out in advance so you can have a look and hear them. So see me or send me an email. I am also happy to provide copies of the music and the links if you can't come. But the more the merrier!

Jodie Petrov anjoali@hotmail.com

PRAYER POINTS

IN THE WORLD

⇒ For all its people and the creation entrusted to our care, that the earth may be renewed by your Spirit.

IN AUSTRALIA

⇒ For those who are homeless, unemployed or underemployed and those without hope that your Spirit may encourage them

IN THE DIOCESAN CYCLE OF PRAYER

⇒ Diocese of Canberra and Goulburn

⇒ Bishop-in-Council and the Ministry Executive, the Anglican Church Property Trust and The Pelican Foundation

⇒ Diocesan Synod

⇒ Australian Centre for Christianity and Culture

⇒ Diocesan Public Issues Commission

⇒ All Saints' Ainslie and All Saints College:

⇒ Growth of the Anglican Investment Development Fund and The Pelican Foundation.

IN OUR PARISH AND COMMUNITY

⇒ We pray for all members of our parish family including George and Connie Gerrity; Elaine and John Gifford; Denis and Angela Golubeff; Elizabeth Grant and Jean Groves.

⇒ We uphold those in special need of prayer including Dorothy Parsonage, Elizabeth Grant, John Sullivan, Ruth Durie and anyone known to us personally.

COMMEMORATIONS:

Thursday: Antony of Padua, missionary and preacher (d. 1231)

Saturday: Evelyn Underhill, spiritual writer (d. 1941)

COLLECT FOR PENTECOST

O God,
who in smoke and fire upon Mount Sinai
gave the law to Moses,
and who revealed the new covenant in the fire
of the Spirit:
grant, we pray,
that, kindled by that same Spirit
which you poured forth upon your apostles,
we may fulfil with joy your commandment of
love.

We ask this through Christ our Lord,
who lives and reigns with you and the Holy
Spirit,
one God, now and for ever. **Amen.**

HYMNS 8 AM

422

403

406

415(179)

READINGS

Acts 2:1-21

Psalm 104:26-36

Romans: 8: 14-17

John 14: 8-17, 25-27

MINISTRY TEAM CONTACTS

Children's Worker

children@holycovenant.org.au

Youth Leader

Jerry Platt

0466 661 860; youth@holycovenant.org.au

Wardens

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Paul Shelley 6251 1568

Joh Sheehan 6251 7151

Resources

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Prayer Vine

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Belonging and Caring

Joh Sheehan

6251 7151; Johann@sheehan.id.au

Holistic Care Nursing Ministries

Program Manager

Rhonda Thorpe

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Holistic Care Nursing Ministries

Program Director and Chaplain

Venerable (EM) Anne Ranse OAM

0406 379 599; anne.ranse@gmail.com

Honorary Priests

Reverend Anne Dudzinski

0413 994 739; annedudzinski@optusnet.com.au

Reverend Connie Gerrity

0429 423 725; connie@gerrity.id.au

HOLY COVENANT ANGLICAN CHURCH

a place for everyone



SUNDAY 9 JUNE 2019

PENTECOST

PENTECOST

Jesus said: I shall ask the Father and he will send you another advocate to be with you for ever. (John 23-26)

Jurgen Moltmann said: 'The gift and presence of the Holy Spirit is the most magnificent and wonderful thing that can happen to us, the human community, all living beings, and this earth. For present in the Holy Spirit is not one of the many good or evil spirits lurking about: rather it is God himself, the God who creates and gives life, who redeems and blesses.

We know from the biblical texts that the Holy Spirit came to the disciples in the form of a rushing, stormy wind and tongues of fire with divine breath. Pentecost is not an add on to the traumatic and violent events of Good Friday and Easter joy. It was in fact the birthing of the church empowered by the Holy Spirit. Where The Holy Spirit is, God is present in a special way and

we experience God in our being. Our hearts are quickened and warm with a feeling that comes from deep within us and we are changed. It's like we see God in a new and different way that is life giving. He is in us and we see him in our life. There are many names for God the Holy Spirit. Among them is comforter and source of life.

I recall many years ago singing the hymn 'Wind Wind Blow On Me. (New Harvest 226) It says: *Jesus told us all about you, how we could not live without you, with his blood the power bought to help us live the life he taught. And this: Set us free to love each other, set us free to live for others, that the world the Son might see and Jesus name exalted be.*

Archdeacon Anne

TODAY IN THE PARISH

8am Holy Communion

10am Holy Communion

Celebrant and Preacher:

The Venerable Dr Wayne Brighton

Twilight Conversations on holiday

SUNDAY 16 JUNE

8am Holy Communion

10am Holy Communion

Celebrant and Preacher:

The Venerable Dr Wayne Brighton

4.30pm Twilight Conversations

COMING EVENTS

Sunday 23 June 6pm

Refugee Sunday Service

Friday 20—Sunday 22 September

Parish Retreat

Friday 18—Sunday 20 October

Parish Camp

Bank Details for Direct Debit are:

Bank: Commonwealth Bank

Branch: Jamison Centre, ACT

BSB: 062 907

A/C No: 802 588

Name: Holy Covenant Anglican Church

RECTOR: The Venerable Dr Wayne Brighton, 0407 408 333, rector@holycovenant.org.au

OFFICE: 6251 6100, office@holycovenant.org.au



AMAZING, GRACE!

Raw Potential Canberra at St John's Care works with young people who are homeless or at risk of homelessness. We are extremely busy helping young people to reach their potential and their goals. Grace (not her real name) self-referred to Raw Potential in

November after hearing about the program from Anglicare. However, due to her anxiety she was reluctant to get involved or talk with anyone.

Grace recently turned 17 and has severe anxiety. She lives with her Dad on a rural property near Canberra and is very isolated. Money has been tight with the drought and this means that the farm isn't going too well. Grace and her Dad are at high risk of losing their home. Grace has become completely disengaged from school and every other social activity because of her worries.

Initially, our work was around relationship building, with weekly catch ups over about 4 months. The conversations progressed from a fixation on video games and online "friends", to Grace initiating conversations about her life and what has been going on for her within her family.

Together we worked on strategies to reduce Grace's anxiety. These included taking small steps to try new things, going for walks, regulating her breathing and starting to connect with tangible things. Over the months, Grace talked about how much she liked animals and gardening and would like to work towards those as personal goals. Her anxiety has reduced, and Grace is now at the stage where she feels comfortable enough to buy her own coffee! Amazing, Grace!

Our Community Worker arranged with a volunteer who tends the veggie patch for the St John's Care "Life Skills" program, for Grace to work on growing fresh fruit and vegetables. The Life Skills program enables clients from both St John's Care and Raw Potential to engage in gardening and then use the produce to make easy meals with the assistance of the volunteer. The veggies are also used in the monthly community lunches held in the St John's Hall.

Grace is so excited to be involved in this project. She now volunteers weekly at St John's Care where she is learning new life skills. She is helping to grow new fruit and vegetables and ensures that everything is watered and well nurtured. She especially makes sure the possums are kept out as parsley is their favourite herb!!

Raw Potential is in the process of helping Grace explore future career and study options and is now also working towards getting her driving license.

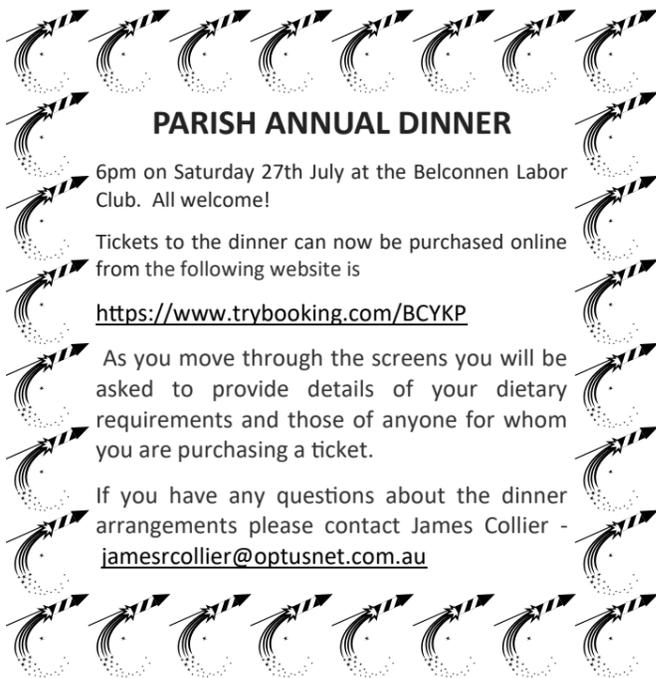
Grace has been able to take ownership of her goals and decision making and has begun to really shine. Grace has been able to help around the farm a little more and she and her Dad are feeling a lot more positive about Grace's future.

Items required: Pasta sauce, honey, shampoo, conditioner and 500ml tomato sauce

Kind regards
Gabe Penn and Nicolle Applewhite
Raw Potential

CELESTE SANDSTROM BAPTISM

Celeste Sandstrom will be baptised during the 10am service on 16 June. Friends and family are most welcome



PARISH ANNUAL DINNER

6pm on Saturday 27th July at the Belconnen Labor Club. All welcome!

Tickets to the dinner can now be purchased online from the following website is

<https://www.trybooking.com/BCYKP>

As you move through the screens you will be asked to provide details of your dietary requirements and those of anyone for whom you are purchasing a ticket.

If you have any questions about the dinner arrangements please contact James Collier - jamescollier@optusnet.com.au



KIDS@HOLY COVENANT

Children and youth are a valued part of the community at Holy Covenant. During the 10 am service, we offer age-appropriate programs for children and youth. These programs run each week of the school term. After the opening prayers, the children and youth are invited to leave the worship centre with program leaders and go to the "Rainbow Centre," a multi-purpose space adjacent to the worship centre. Children and youth return to the worship centre in time for Holy Communion. Youth Group is for high school age. Children's Church is for preschool to Year 6. Younger children are welcome to attend Children's Church with a parent/caregiver. All program leaders have met Diocesan and ACT requirements for working with children and youth.

REFUGEE RATION CHALLENGE

I'm doing the Refugee Ration Challenge this year, joining others at my school to raise money for refugees.

I'll be eating the same rations as a Syrian refugee living in a camp in Jordan during Refugee Week (16-23 June). That means just a small amount of rice, flour, lentils, chickpeas, beans, fish and oil.

I'd love you to sponsor me please! The more money raised, I 'earn' treats like a teabag...a spice a piece of chicken a slice of cheese or—dare I wish it—a banana!

Here's the link to the fundraising page:

<https://school.rationchallenge.org.au/sallymordike>

THANK YOU! and thanks to those who have already donated
Sally :)

CEO SLEEPOUT FOR THE HOMELESS

Neville Tomkins is participating, for the 8th year, in the Vinnie's Sleepout on 20 June to support programs for homeless people in Canberra. To find out more and sponsor him, go to: <https://www.ceosleepout.org.au/ceos/act-ceos/neville-tomkins-scouts-australia/>

STEPPING OUT IN FAITH - PLANNING

Observing, reflecting and discussing with others our experiences in life are all things that can deepen our faith. Our faith is enriched when we begin to change the way we see the world and ourselves in it. It's about how we are in the world. Mike Breen sees them as a way in which we can practice repentance.

But repentance is only half the story. Jesus began his work by calling not only people to change their outlook but to act in a different way (Mark 1.15).

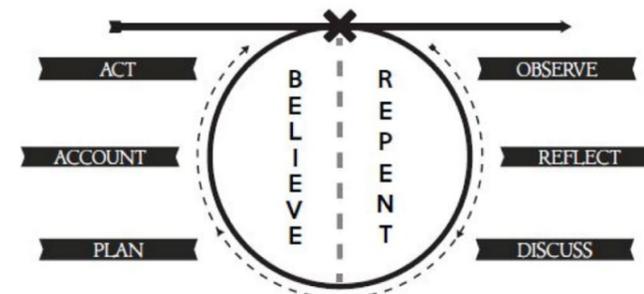
Our actions reveal our most cherished values and deeply held beliefs. Jesus' call to "believe the good news" is an invitation to live out from God's Kingdom into the midst of our work, family and community settings. Spiritual breakthroughs happen when we are prepared to both see and act differently. Once we see things differently, we can begin to live differently.

Growing confident in our faith can have three parts also – plan, account and act.

Living in Canberra, I've notice how planning is central to much of our work and identity. When many of us think of plans it's easy to jump into project mode as we endeavour to marshal our resources and estimate how quickly things can be delivered or implemented. We create steps and milestones and then methodically work through from A to Z.

Only life rarely works in that way. Things get complicated and complex. Even the simplest task can require a round about journey. In the spiritual life, planning is more organic. It often begins by identifying one thing different to do and then letting new opportunities and encounters emerge.

As an introvert, my inclination is to work through each and every possible outcome before I start. Overthinking things like this tends to lead to paralysis by analysis. I'm learning not to look far ahead, to anticipate positive outcomes while holding back on imagining a catastrophe around every corner.



Source: Mike Breen, *Building a discipling culture*. 2nd ed. Pawleys Island: 3DM.

I've been going to gym in the wee hours of the morning with Meg for some time now. For ages, I observed how my legs ached whenever I snowboarded and how puffed I became going up stairs. I reflected on this and often brushed it off as getting 'middle aged'. Discussing it with my family often meant moaning about aging. For the longest time, I went no further. I was stuck.

Life began to change when I started to act differently. I had to plan. I had to figure out when I could fit gym sessions into my overcrowded days. I had to find a gym that would work for me. I had to look honestly at what I was eating and develop an exercise regime with the help of a trainer. Most importantly, I had to put aside my comfort, adjust my attitude and make sure I got out of bed and out the door before overthinking things.

Going to the gym has also been a spiritual experience. It's help me to appreciate how easy it is to want a deeper and richer encounter with God but to never get past desire into action. It's reminded me that many of my plans are either too complicated, impractical or bothersome.

Opening my life up to God means I need to be honest about observing, reflecting and discussing where I am with others. But it also means sitting down to work out a place to start. It doesn't have to be the best place, with outcomes optimised or everything marshalled. I just have to start asking the question, how God am I to do what you're calling me to?

So I wonder have you got stuck spiritually from time to time? Do you notice things but then just expect God to make everything happen? Or do you jump into planning mode and find yourself exhausted after working out every detail? Maybe we just need to find a place to start and with God's help look ahead to what might grow.

Wayne Brighton



Help Wanted: Assistant to Bob Arthur to organise Silent Auction for the Parish Dinner

Our Parish Dinner is usually a fundraising event and we hope to have a Silent Auction component to our evening again this year.

If you can help with any elements of the Silent Auction this year (donations of attractive items; seeking donations from others; helping organise the auction on the night) please contact Bob Arthur

'Have a Good Yarn'

Knitting and chatting each fortnight starting Tuesday 11th June 11.15am to 1pm in the worship centre.

Morning tea and a good time guaranteed for both women and men....friends most welcome.

Any donations of wool and needles would be most appreciated and could be left at the back of the church

Any queries to Sandra Ross 0408438770

sandrross@ozemail.com.au



FRIENDSHIP GROUPS

The Walking Group is underway. The next walk will be held (except during torrential rain) on Sunday 7th July, meeting at the Captain Cook memorial water jet at 12 noon.

The August walk will meet at 12 noon at the main entrance of the National Museum.

The September walk will meet in our church carpark at 12noon - mystery destination!

Questions: James Collier

Cafe Crawlers is also underway. The next crawls will be:

Saturday 15th June, 3pm at the Botanic Gardens Cafe

Sunday 7th July, 3pm at Dobinsons, Bunda Street, Civic

Saturday 20th July, 3pm at A Bite to Eat, Chifley Shops

Sunday 4th August, 3pm at "Passiontree Velvet" - inside the Canberra Centre, Civic.

Saturday 17th August, 3pm at "Sweet Bones", 8/18 Lonsdale Street, Braddon

Questions: Allison Cooper-Stanbury or James Collier